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"What I say unto you I say unto all, WATCH."—Jesus

The
Highest
Standard
of Living



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Don't Let Smoke Get in Your Eyes

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Founded in 1898 by Mary Baker Eddy,
Author of the Christian Science Textbook,
Science and Health with Key to the Scriptures



Marca Registrada

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"What I say unto you I say unto all, WATCH." Jesus

The Highest Standard of Living

GRANT C. BUTLER

Is there need today for better understanding of what a higher standard of living really means? History shows that material benefits alone have never brought lasting happiness to anyone. Something more basic is needed for improved living. It is the recognition that the highest possible standard of living—the true standard—is *spiritual*!

To the individual seeking a better job or better home conditions, Christian Science explains the importance of first gaining a correct understanding of God and of man's relationship to Him. This spiritually scientific understanding does not require scholastic proficiency, but it does demand sincere study of the Bible and of the Christian Science textbook, *Science and Health with Key to the Scriptures* by Mary Baker Eddy.

As an individual learns to know God as his creator, he recognizes what really constitutes a better, more satisfying way of life. He

does so by measuring his motives, acts, opportunities, and relationships by a divine standard, which in turn raises his human standard. He finds his real need is for increased spirituality, not materiality.

Looking only to a quantity of matter, or material things, as the measuring stick of our well-being actually breaks God's law. The first commandment tells us to rely on Spirit, God, to worship Him alone. When we believe that matter rather than divine Mind determines our present or future happiness, we have failed to grasp the only true basis for a better life—God's never-failing love for His expression, man.

How does all of this help the individual who needs more food or a better place to live? Christian Science shows us that our experience is shaped and formed by thought. Selfish, limited, materialistic thinking often expresses itself in lack of supply. Confident, enlightened understanding of God's provision of good for man aids us in bettering the living conditions of ourselves and of our fellowmen.

Or perhaps lack is due to ignorance, to ignorance of spiritual facts and a basically wrong concept of man and of what governs him. The belief of poverty, in which so many are caught, knows no geographical boundaries. Alike in developed countries and in those where poverty seems endemic, this ignorance must be corrected with the certainty of spiritual understanding as to what man is and what governs him.

There is never a moment when divine Principle, God, is not where we are, supplying everything we truly need. God could not lack anything, nor can His son, His creation, lack anything. "For the earth is the Lord's, and the fulness thereof."¹ We can claim this fullness anytime, anywhere, under any condition, but we must take the needful steps.

Gratitude for what we already have and complete trust in God to provide whatever is necessary open our thought to productive spiritual ideas. These ideas, when acted upon, invariably supply our every need. In this way we prove the availability of God's goodness for all who seek it. In her *Miscellaneous Writings* Mrs. Eddy, the Discoverer and Founder of Christian Science, puts it like this: "God gives you His spiritual ideas, and in turn, they give you daily supplies. Never ask for to-morrow: it is enough

that divine Love is an ever-present help; and if you wait, never doubting, you will have all you need every moment.”²

Certainly the standard of living of Christ Jesus might have seemed inferior to many. He owned no home, had no bank account, stocks, or bonds. He had a humble, simple way of life. Yet he was never at a loss to provide the basic living requirements for himself or others. He pointed the way to a basic truth when he said, “Seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.”³

We find our needs met as we change the basis of our thought and life from a personal mind to infinite divine Mind, as we gain spiritual understanding and acknowledge the government of this Mind to be the true source of our supply. “Your Father knoweth what things ye have need of, before ye ask him,”⁴ the master Christian told his followers. And pointing to man’s natural enjoyment of plentiful good, he said, “I am come that they might have life, and that they might have it more abundantly.”⁵ Many are proving this statement today in many areas of the world.

To the individual still struggling to raise his living standard, Christian Science offers the key; it is a change in his concept of God. Then will come the realization of his true source of supply and his never-ending opportunity to enjoy it. He will find his spiritual needs supplied by God, and he will lack nothing else of true usefulness or value.

God’s standard must always be perfection, so man as His reflection always possesses all that he needs to express perfection. God does not see a mortal with material needs and then supply them. God sees man, spiritual man, as always supplied with the substance of spiritual good. And our understanding of this basic fact is what provides us with the highest standard of living. As man’s inseparable relationship to God is realized, our human needs are met in the way best suited to each individual’s circumstances.

A young veteran discharged from the United States Army found it difficult to provide for his wife and son. They rented an apartment in an old section of a city. He went from job to job. His debts piled up. He became despondent and depressed.

One afternoon as he was walking the streets looking for a job, he was attracted to a Christian Science Reading Room. He went

inside and read about God and man's relationship to Him, as presented in the Christian Science literature there. He began to grasp, although faintly, that a correct understanding of God could solve his difficulties.

He and his wife started to attend a Church of Christ, Scientist, regularly and to study Christian Science. They enrolled their son in Sunday School. The young veteran soon found a better job, then a more suitable apartment. But, more important, the whole family were understanding more of God's ever-present love for His creation and His never-diminishing resources.

In a short time the husband and wife joined the church. Then they volunteered to go into the city jail each week and conduct a Christian Science service for the prisoners. They began to think more of others and less of their own needs.

The results were soon apparent. The young veteran advanced steadily in his job and eventually became president of the company. He and his wife had found the right concept of supply. They had gained a better, more spiritually scientific understanding of God. A higher standard of living was an inevitable result.

When we turn our thoughts from unfulfilled human needs, when we resist self-pity and hopelessness, when we gain greater awareness of God, good, and man's inseparable relationship to Him, we witness increasing progress in our own lives and we become more useful, more effective members of society.

Nothing can prevent us from attaining an improved standard of living when we base it on moral and spiritual law. But the highest standard—the spiritual one—is in reality ours already. Knowing and proving this spiritual fact is an ever-present possibility for all mankind everywhere.

¹ I Cor. 10:28; ² Mis., p. 307; ³ Matt. 6:33; ⁴ v. 8; ⁵ John 10:10.

*Commit thy way unto the Lord;
trust also in him; and he shall
bring it to pass.*

Psalms 37:5

A Daniel or a Darius?

EUNICE H. DIZER

Have you ever wondered whether you would be a Daniel or a Darius if faced with a frightening situation? The Bible story of Daniel in the lions' den shows Daniel as having an unshakable trust in God; but King Darius' faith was weak and doubting.

Unfaltering Daniel-like faith in God's power to save men, even under the most alarming conditions, has rescued people from disaster in all ages. Is this same power available to us today? It surely is. How do we find it and use it?

The teachings of Christian Science fully explain how to turn to God, to the same God Daniel worshiped, who is ever present, omnipotent, and available to meet all our needs. Mrs. Eddy states in *Science and Health*, "The history of Christianity furnishes sublime proofs of the supporting influence and protecting power bestowed on man by his heavenly Father, omnipotent Mind, who gives man faith and understanding whereby to defend himself, not only from temptation, but from bodily suffering."¹

A faith that is strong enough to protect and deliver us from harm must be based on an absolute confidence in the power in which we place our trust. Daniel had that firmness of faith in his God, coupled with moral courage. He showed this by continuing to pray to God regardless of the bitter consequences of disobeying the king's decree. He never wavered in his steadfast conviction or made any concessions to the king. He showed total commitment to God.

The story of Daniel also indicates that Darius had some faith. It distressed him to send Daniel to the lions, but he assured Daniel, "Thy God whom thou servest continually, he will deliver thee." But did he really believe it? He undoubtedly hoped, but his actions certainly didn't show expectancy that Daniel would be saved. We

read that the king spent a sleepless night and went very early in the morning to the lions' den, evidently fearing the worst, and "cried with a lamentable voice . . . , O Daniel, servant of the living God, is thy God, whom thou servest continually, able to deliver thee from the lions?"

Then came Daniel's reassuring answer, "My God hath sent his angel, and hath shut the lions' mouths, that they have not hurt me: forasmuch as before him innocency was found in me; and also before thee, O king, have I done no hurt."²

Which kind of faith do we have when faced with today's lions of fear, lack, disease—with seemingly unsolvable problems of local, national, and international affairs? Do we face them with unshakable faith, knowing that the divine forces of good will overpower and destroy all the seeming might of the world's evil? Or do we waver feebly in our faith and just hope for the best? Do we sometimes say to ourselves: "Of course I know that God can save me, for He always has, but this time is so much worse than any other! I do believe that man can never be separated from God, but right now I feel so alone and afraid. If I can't find Him, can I really trust in Him?" There are no ifs or buts in absolute faith!

To have the faith that the Bible tells us can move mountains, often mountains of fear and doubt, we must understand the nature of the source from which protection and deliverance comes—that is, we must understand the nature of God. The Bible says, "Acquaint now thyself with him, and be at peace."³

In *Science and Health* Mrs. Eddy defines God as "the great I AM; the all-knowing, all-seeing, all-acting, all-wise, all-loving, and eternal; Principle; Mind; Soul; Spirit; Life; Truth; Love; all substance; intelligence."⁴ Could it be possible to have a more complete and comprehensive description of an almighty power and presence in whom we can completely trust? Can anything exist outside of *All*?

To really know that God is infinite Love, our divine Father-Mother, is to feel His tender care in every situation, every moment. His beloved child is always within the safety of that Love, which is all-inclusive. Like a little circle inside the big one, we cannot get beyond the circle of His love.

Man can never be separated from infinite Life, even for an instant, for God is all Life. No power exists that can give disease or age even the claim to a deteriorating effect. If God, infinite Spirit, is everywhere, then man cannot get out of Spirit into matter and matter cannot get into man, for there is no matter. Soul's representatives express the joy and freedom of their true spiritual nature.

Because God is the only Mind, and because only supreme intelligence could create the universe and man, evil is unknowable and nonexistent. An idea in Mind cannot be destroyed. The total consciousness of good precludes any consciousness of evil.

Because Principle has control over all through spiritual laws, there are no uncontrollable forces of crime and disaster to threaten the existence of man. God's laws of justice and order are in supreme control right where evil claims to have power.

When these spiritual truths of God and man are understood and accepted, we have a sure foundation upon which to base a lasting, provable faith in God's power, the power that enables us to meet and master every adverse situation. No lions of materiality can shake our confidence when it is based on an understanding of God.

But sometimes we may be tempted to ask, "Why am I in this situation when I have done nothing wrong?" The answer lies in insisting upon the very opposite of what seems to be wrong, in refusing to accept discord when we have been faithful to God. We need to stay with the spiritual fact that our true selfhood is spiritual, untouched by any phase of evil, because we live in Spirit. God promised Isaiah, "When thou passest through the waters, I will be with thee."⁵

The power we reflect is God's. Understanding that we are one with Him enables us to stand firm even under great stress. At times it may not seem easy to keep our faith strong. But as challenges are faced and conquered, we advance from a mere wavering belief to steady confidence in Spirit. As Mrs. Eddy says in *Science and Health*, "Belief is changeable, but spiritual understanding is changeless."⁶

At one time I was sure I had strong faith in God, but I found I had to go up higher in my spiritual understanding to prove it.

When one of our sons went to a foreign country to study, we were unable to contact him. Having trusted him to God's care, I felt completely at peace. But when a letter came saying he was ill, and then when no word followed for several weeks, I found myself rather desperately declaring what I thought I knew to be true of God and man but at the same time worrying about his safety. I hadn't really released him to his heavenly Father as I thought I had, and I depended on human assurance that he was all right.

Awaking to the weakness in my prayers and faith, I questioned myself severely. Was I convinced this scientific truth I had been declaring was solid certainty, or was I just giving it lip service? Did I fully trust the Father-Mother God to care for His own child? Did I have faith in my prayers to reveal the law of Truth in action, wherever the need was? If so, I did not need to see the material proof. I could leave all in God's hands, knowing He was in complete charge and that there could be no evil where He was.

And so I confidently did just that! In a short time my faith was confirmed by a letter which said that in spite of a struggle all was now well, and our son had kept his own clear faith in God's all-presence and power.

God's giving is forever and infinite, whether evidenced in the supply of daily needs, in health, in the harmonizing of human relationships, or in protection and deliverance from danger. Nothing can stop His outpouring of love to man. Nothing really exists outside of Mind's infinitude. Within the light of perfect, divine consciousness there is no darkness or doubt to cloud our realization and faith that we are truly "hid with Christ in God."⁷

So instead of being a wavering Darius, we can always be a strong, trusting Daniel!

¹ *Science and Health*, p. 387; ² See Dan. 6:16-22; ³ Job 22:21; ⁴ *Science and Health*, p. 587; ⁵ Isa. 43:2; ⁶ *Science and Health*, p. 96; ⁷ Col. 3:3.

Discovering Our Completeness

YVONNE R. WARE

Once in a while we may find among our acquaintances someone we think of as complete or extraordinarily versatile, one who stands out from the crowd. We may well wonder how he does it and why there seem to be so few like him.

Everyone, according to the teachings of Christian Science, can express completeness. We may have been limiting ourselves in many directions, perhaps through believing that certain desirable qualities are not natural to us. Or we may think that good qualities are our own limited, personal possession. But we need to realize that all good is derived from God and is therefore unlimited—His gift to all His children. As Mrs. Eddy writes, “Wholly apart from this mortal dream, this illusion and delusion of sense, Christian Science comes to reveal man as God’s image, His idea, coexistent with Him—God giving all and man having all that God gives.”¹

Some of us may have been narrowing our development instead of expanding it to the fullest. People often give attention only to those things they like or that seem easy to do, neglecting things that challenge them. When they meet someone who has diversified and has expended some effort in the process, perhaps they become a bit envious because they, themselves, did not sacrifice the time and energy to accomplish the same result. And it does take energy and self-sacrifice to develop one’s character.

When faced with the challenge to broaden ourselves, some of us will cry, “It’s too late now!” But it’s never too late to begin to uncover the real, whole man God made. With the help that Christian Science gives we can confidently start on an upward course that offers new and more beautiful vistas at each elevation. Mrs. Eddy writes, “Self-renunciation of all that constitutes a so-

called material man, and the acknowledgment and achievement of his spiritual identity as the child of God, is Science that opens the very flood-gates of heaven; whence good flows into every avenue of being, cleansing mortals of all uncleanness, destroying all suffering, and demonstrating the true image and likeness.”²

When we faithfully cultivate such qualities as humanity, honesty, compassion, and temperance and endeavor to live these qualities, we come nearer to expressing more of our innate spiritual completeness. How can we develop such qualities? Let's take temperance, or temperateness. When we understand that man is really God's spiritual idea and expresses His wisdom, and when we strive to conform our thoughts and actions to this truth, then intemperateness and impulsiveness must begin to give way to discretion and balance. We will see more clearly that the opposites of good qualities have no basis in God, who is only good, and that they are therefore unreal. They are only suppositions of mortal belief and can be eradicated on that basis. Mrs. Eddy writes, “Mortal mind must part with error, must put off itself with its deeds, and immortal manhood, the Christ ideal, will appear.”³

In a similar way we can develop the other qualities that constitute the highest humanity. And in the process we become more discerning of human thought. In working with the quality of honesty, for example, we can see that honesty is much more than not taking something that doesn't belong to us or not lying. It may also mean not exaggerating to suit our own purpose; not covering up things that should be brought out in the open; not allowing ourselves to think of others as we would not want them to think of us. It means bearing true witness to our fellowman as God's immortal, spiritual child.

A searching way to evaluate our progress is to ask ourselves such questions as, Was I compassionate, honest, understanding, during that meeting or interview or discussion? If we do this consistently, we will note the areas that need more attention. And in improving those areas our prayers can be most effective. We can know that good qualities are derived from God and that they are natural to us as His children; that slothfulness and indifference are no part of man and cannot keep the virtues we seek hidden

from us. We can pray to have spiritual truths revealed to us and to see how to effectively implement them in our lives. We can begin to fulfill Christ Jesus' words, "Be ye therefore perfect, even as your Father which is in heaven is perfect."⁴

God sees all His children as spiritually complete. In Ecclesiastes we read, "Lo, this only have I found, that God hath made man upright; but they have sought out many inventions."⁵ We need to turn to the source of our perfect being, the divine Mind, in order to see that perfection demonstrated humanly. When we turn to God to discover our true makeup, we gain the assurance that we do have an abundance of good and that we have the ability to demonstrate it fully and effectively in our lives. We can lack nothing as we see that He has endowed us with His own flawless, complete nature.

¹ *The First Church of Christ, Scientist, and Miscellany*, p. 5; ² *Miscellaneous Writings*, p. 185; ³ *Science and Health*, p. 430; ⁴ Matt. 5:48; ⁵ Eccl. 7:29.

Untouched by age or accident

God's Faultless Production

GEORGE W. LEDBETTER

If we start our reasoning on the basis of God as perfect and complete, the only cause and creator, who is infinite good, then it follows that man, produced by God in His image, must be perfect, complete, and good. However, if we begin with and believe in imperfect, faulty man, we are believing in an imperfect, faulty God, a mortal-like God; or else we are believing in a creator or creators other than God.

Christian Science begins with Mind, divine Love, as the All-in-all, the only power and cause. Mrs. Eddy writes, "Divine Science fulfils the law and the gospel, wherein God is infinite Love, including

nothing unlovely, producing nothing unlike Himself, the true nature of Love intact and eternal.”¹

What a contrast between the two concepts of creation! One says man is mortal, material, and usually defective and inferior because of heredity, accident, or bad luck. Most men and women, it says, are second-rate with faulty or deformed bodies and with unloving and undesirable qualities. It says that all become worn out by age and end up useless.

On the other hand, divine Science says the real man is the faultlessly produced child of God. It shows this man to be God’s expression, manifesting all the spiritual qualities of divine Mind, Life, and Love—qualities such as harmony, completeness, wisdom; such as power, purity, health.

The second concept—the only true one—says perfect man, the spiritual reflection of the one perfect God, is the only man there is.

Through his healings and teachings Jesus proved this second concept to be true. In *Science and Health* by Mrs. Eddy we find this statement concerning him: “By parable and argument he explains the impossibility of good producing evil; and he also scientifically demonstrates this great fact, proving by what are wrongly called miracles, that sin, sickness, and death are beliefs—illusive errors—which he could and did destroy.”²

Consider a few of Christ Jesus’ works. He restored sight to a man who had been born blind. Bringing out perfect wholeness in cases where functions or parts of the body had become diseased or had deteriorated, he healed the ten lepers, the paralytic lying on a bed, the woman who had had an issue of blood twelve years. To a man with a withered hand he said, “Stretch forth thine hand,”³ and it was restored whole.

Then there were those Jesus healed when all bodily action had ceased. Lazarus was restored to life after being in the grave four days. Both Jairus’ daughter and the widow’s son (who was being carried on a bier) were restored.

Jesus’ works demonstrated scientifically that God, good, the only Father-Mother, does not and cannot produce evil or produce imperfect man, subject to discord and decay. The real man, Jesus saw, is created perfectly and maintained perfectly by God. So clearly did he see this that a whole and healthy condition was mani-

fested by the individuals he treated, and those around saw these cases as miraculous healings.

Christian Science is today restoring harmony on the same scientific basis—the truth Christ Jesus applied. And this same truth is available to any sincere seeker.

At one time I had intense abdominal pain for a number of days. This was not diagnosed, but it appeared something was faulty or wearing out or at least was not functioning harmoniously. I did not begin by accepting a faulty, material organ as the existing condition and deciding it must be corrected by restoring its soundness or replacing it. I began with perfect God and perfect man as the basis for my reasoning. Finally the healing came, when I clearly saw and accepted as fact that God, Mind, could produce only pure, spiritual ideas and I was His pure, spiritual idea.

The true, flawless creation, or product, of Principle would have to be pure in every way. God's creation, in which man is the highest idea, could not include the flaws we see around us—faulty ideals, faulty ethics—could not be marred by dishonesty, injustice, resentment, apathy, discord. The creation of Principle, of Truth and Love, would have to be faultless, expressing integrity, love, understanding, justice, and the like. What is produced by a creator who is divine and perfect must be faultless in every respect. Not only would it have to be created faultless, but it would have to remain so. Maintained by infinite, omnipotent Life, it could not be touched by age or accident.

Spirit maintains spiritual perfection in man whether or not material consciousness says that the body is too fat or too thin, too young or too old, or that the condition is curable or incurable, physical or mental. No matter what it appears to be, bodily discord is only a false, mortal belief about the physical body—like a belief in a ghost haunting a mirage. Both mortal mind's belief and the physical body are unreal.

There is no real reason for anyone to feel he has been faultily produced or has deteriorated. There is no need for anyone to live in the belief that he is made up of inferior material parts—organs or faculties that are diseased or overloaded or wearing out a little more each day.

God, Life, made us perfect, and Life maintains us perfect

throughout eternity. Because Life's, God's, production is faultless, we can begin proving this practically, now. Hear what *Science and Health* says to all of us: "Let us accept Science, relinquish all theories based on sense-testimony, give up imperfect models and illusive ideals; and so let us have one God, one Mind, and that one perfect, producing His own models of excellence."⁴

¹ *Message to The Mother Church for 1902*, pp. 6-7; ² *Science and Health*, p. 343; ³ Matt. 12:13; ⁴ *Science and Health*, p. 249.

Don't Let Smoke Get in Your Eyes

ROBERT A. MOSS

Of course I could give up smoking any time I like, I said to myself. It would be only a matter of a little willpower. But why should I drop a pleasurable habit?

I was feeling rather cross because I had very recently begun to study Christian Science and had just read Mrs. Eddy's statement in *Science and Health*, "It need not be added that the use of tobacco or intoxicating drinks is not in harmony with Christian Science."¹ Why should Mrs. Eddy pick on smoking, I argued, when there were worse errors, such as gossiping and scandalmongering, needing correction?

I continued to smoke, but all the time I had the uneasy feeling that I couldn't make progress in understanding and demonstrating Christian Science if I ignored the "no smoking" requirement.

This nagged at me so much that at last I decided to give up smoking. And then I found I couldn't! My boast that I could proved to be vain. Tobacco contains a drug, nicotine, and I found I had become a slave to it.

I was a mere beginner in Science, but I had given mental consent

to the demand for spiritual progress, which certainly includes the surrender of false appetites. "Thoughts unspoken are not unknown to the divine Mind," writes Mrs. Eddy in *Science and Health*, and adds, "Desire is prayer; and no loss can occur from trusting God with our desires, that they may be moulded and exalted before they take form in words and in deeds."²

My desire to obey the demand for spiritual growth proved to be prayer that resulted in demonstration. My consciousness of the power of Spirit wrestled with the fleshly craving and overcame it. Through all the years since that healing the desire for tobacco has never recurred.

Don't let smoke get in your eyes! Don't let it blind you to the need to obey every requirement for spiritual progress given under God's direction in His revelation of divine Science. Willingness to obey the demand of this Science for the surrender of smoking I found to be the first essential step in the fulfillment of this demand, and the healing opened the door to much spiritual progress. God provides the means and bestows the power to overcome every fleshly error that would hinder the unfoldment of man's real, spiritual selfhood.

How intensely Moses sought to turn aside from the divine requirement to confront Pharaoh and demand the release of the children of Israel from slavery! He was "slow of speech,"³ he protested. Surely there was somebody else better qualified than he to interview royal personages. His excuses to avoid meeting the divine demand were set aside, and when he gave consent to it he found the freedom of his true selfhood. He demonstrated capacities previously unsuspected that enabled him to lead from captivity a difficult and sometimes unruly people through the wilderness to the Promised Land.

The craving for tobacco, however strong it seems, is nothing more than a false belief that smoking gives pleasure, comforts, or settles the nerves. A drug has no more power than human belief bestows on it. But it can enslave unless it is met with the truth of being. Christian Science reveals man's God-given and unassailable freedom to be what he eternally is—spiritual and forever under the law of God. Holding to this truth, we can claim sure dominion over fleshly appetites.

Smokers are sometimes frightened out of indulgence in tobacco by fear of the pain and suffering it may finally bring. But fear and pain do not heal. They must give place to spiritual understanding. Mrs. Eddy writes, "The pains of sense are salutary, if they wrench away false pleasurable beliefs and transplant the affections from sense to Soul, where the creations of God are good, 'rejoicing the heart.'"⁴

The sincere student of Christian Science who seeks healing from the true motive of desire for spiritual growth cannot fail in his quest for freedom from an objectionable habit. Christ Jesus' promise is to all men and for all time and is fulfilled in Christian Science: "If ye continue in my word, then are ye my disciples indeed; and ye shall know the truth, and the truth shall make you free."⁵

¹ *Science and Health*, p. 454; ² *ibid.*, p. 1; ³ Ex. 4:10; ⁴ *Science and Health*, pp. 265-266; ⁵ John 8:31, 32.

You Are Valuable

JUDITH LINDLEY WALL

In true being, every individual is valuable and worthy. And we can prove this. We can be good. We can help one another. We can express pure affection. We can live in complete reliance on God.

Do we value each other ceaselessly, without exception? If we did, we would learn something of true harmony, heaven. We can begin now. We can let faithfulness to God and man unfold in our lives like a lovely flower. We can learn the touch of kindness. If we value and appreciate some of our fellowmen, we have begun to see that the whole family of man is valuable.

In the exposition of Christ Jesus' life as given in the Bible, we see how deeply Jesus valued humanity. He spoke to Nicodemus of

spiritual birth and eternal life. He healed disease and sin. He raised Lazarus from death. He valued everyone, and helped his disciples see themselves and others as God's children. He gave them and us a special commandment: "This is my commandment, That ye love one another, as I have loved you."¹

What has this to do with us today? Jesus' teachings and their application in his works are available to us in the Bible, and Christian Science in its healing ministry is proving them practical and demonstrable now. Mrs. Eddy writes: "Man is the family name for all ideas,—the sons and daughters of God. All that God imparts moves in accord with Him, reflecting goodness and power."²

We are all members of the family of man. We can treasure the true spiritual idea of each other, value each other, and gain a present comprehension of eternal living in the way Christ Jesus teaches.

Christian Science teaches that God—divine Spirit, immortal Mind—is All; that man is God's idea, eternally spiritual and perfect, as is the God-created universe; therefore matter and evil are illusion and unreal. They are no part of spiritual reality.

How does a spiritual understanding of God, man, and the universe help us? The better we understand spiritual reality, the more we can value ourselves and others rightly and see more evidence of the reality that is Spirit, God. Mortal belief sees man and the universe as material and temporal. It sees man as a mixture of mind and matter, good and evil, and as limited in thought and action. This is not the truth of being. We need to understand the true state of man to bring it out in our lives. We need to know it as spiritual, immortal, and wholly good.

Early in her career a public school teacher, through her study of the Bible and *Science and Health*, caught a glimpse of man's entirely good and spiritual nature as God's idea. She sought to encourage this natural goodness in each of her pupils. She called it "identity acknowledgment" because in it she acknowledged each student's true, spiritual being and essentially good nature.

As her understanding of man's true nature grew, so did her estimate of the value of each pupil she instructed. She gained a better understanding and deeper value of herself too. Her teaching improved, she enjoyed it more, and with each teaching assignment she was inspired and successful in her ways of teaching the subjects.

Valuing, or acknowledging, every individual we meet as a son of God, a reflection of Life and Love, is the truest approach we can make to others. Each one of us is destined for holiness, not because someone says so but because that is God's law. The Scriptures declare, "They shall not hurt nor destroy in all my holy mountain: for the earth shall be full of the knowledge of the Lord, as the waters cover the sea."³ We need to acknowledge this promise.

Mrs. Eddy writes in her book *No and Yes*: "From Genesis to Revelation the Scriptures teach an infinite God, and none beside Him; and on this basis Messiah and prophet saved the sinner and raised the dead,—uplifting the human understanding, buried in a false sense of being. Jesus rendered null and void whatever is unlike God; but he could not have done this if error and sin existed in the Mind of God. What God knows, He also predestinates; and it must be fulfilled."⁴

As we grow in our understanding of God, the Principle of all true being, we learn what true value is and can detect what is devoid of value. To be wise, we need to exercise those qualities and abilities that are God-given and that nourish all that is true and good.

¹ John 15:12; ² *Science and Health*, p. 515; ³ Isa. 11:9; ⁴ *No and Yes*, p. 37.

PETITION FOR GRACE

Father, give me awareness
of another's need,
Not opaque obsession
with some routine deed.

Help me feel Mind's allness
that reveals the hidden plea
And listen for the answer
Love will give to me.

SARA MAY HELDER

Linda in the Gym

Linda Simon (written at age 7)



One day I was playing in the boys' gym with a friend named Dave. I had climbed up the rope, and he was pulling me by the leg. All of a sudden I was slipping off the rope, and I fell on the floor. I was very afraid when I fell. Dave called for his big brother, Pete, but I said I was all right. I didn't want to cry, but I felt hurt.

I quickly walked over to the mats where nobody was playing. I lay down on the mats and began thinking about God, the way I'm taught in the Christian Science Sunday School. I knew that God's child couldn't fall down and be hurt, couldn't feel weak or ill. I said to myself "the scientific statement of being" by Mary Baker Eddy. I was helped a lot by the last sentence, "Therefore man is not material; he is spiritual."¹ I knew that God's spiritual child is always under His mighty wing. After a few minutes I got up again to go play with the others. I felt very grateful for my healing.

I am glad I know that God is my friend. He helps and protects me, and His truth heals.

¹ *Science and Health*, p. 468.



Take Along the Fan

Alice Taylor Reed

Jon raced downstairs and checked the clock. He'd have time for juice and cereal before the school bus came—Monday morning was always a rush.

He made a mental check of the things he'd need to take to school—geometry book, protractor, gym clothes, lunch money, English theme paper, and a fan.

Why the fan?

Jon didn't have an actual fan in his pile of things for school. He was taking the *idea* of a fan with him to school.

Last semester he had taken a course in cultural anthropology. At first he was excited about it. He enjoyed learning about the ancient cultures of prehistoric times. Then came a unit on physical characteristics of early man. Jon was troubled when the teacher related man's intelligence to the size of the brain cavity. He had learned in the Christian Science Sunday School to view man as the spiritual image of God. He was familiar with Mrs. Eddy's description of man in *Science and Health*. Part of it is: "Man is not matter; he is not made up of brain, blood, bones, and other material elements. The Scriptures inform us that man is made in the image and likeness of God."¹ This man of God's creating is the real man, as opposed to the counterfeit man supposed to be made of matter.

The anthropological description of man's development along physical lines confused Jon for a while. He felt hypocritical pursuing this study during the week and then discussing on Sunday the man of God's creating—the man who is intelligent because he reflects God, divine Mind.

One week the Sunday School class took up the verses from Matthew where John the Baptist foretells the coming of Christ

Jesus: "He that cometh after me is mightier than I, whose shoes I am not worthy to bear: he shall baptize you with the Holy Ghost, and with fire: whose fan is in his hand, and he will thoroughly purge his floor, and gather his wheat into the garner; but he will burn up the chaff with unquenchable fire."² They found that the "fan" here was a winnowing fan, a six-pronged wooden fork used by farmers on Palestinian threshing floors to toss grain into the air. The chaff was light and the winnowing afternoon wind from the sea would blow it away while the wheat fell to the floor.

Jon looked up Mrs. Eddy's definition of "fan" in *Science and Health* and read it to the class: "FAN. Separator of fable from fact; that which gives action to thought."³

That afternoon Jon thought about the fan as a tool he himself could use. Christian Science was his fan—that which enabled him to separate fable from fact. He had studied mythology in an English course. There he learned the ancient myths and legends. He had never considered them true. The entire class had understood that the events in these stories had not actually happened.

Jon saw that anthropology's presentation of man as a purely physical creature was a myth. So there was no need for confusion. There weren't conflicting versions of man's origin. Man is created by God. The other theories are like ancient legends. Jon went ahead with his study in the anthropology course on that basis. He was able to learn all the details he needed to understand the subject as presented.

This awakened Jon to the value of using the fan of Christian Science in all his schoolwork. He stopped trying to reconcile scholastic theories with immortal, unchanging Truth. With this new viewpoint he was eager to examine new subjects. Through the deeper insight Christian Science gave him, he enthusiastically accepted the challenge of learning. He became a more active thinker. He had never enjoyed school more. He had never appreciated Christian Science more, either.

¹ *Science and Health*, p. 475; ² Matt. 3: 11, 12; ³ *Science and Health*, p. 586.

Editorials



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PETER J. HENNIKER-HEATON
Associate Editor

ALFRED F. SCHNEIDER
Associate Editor of the Herald

What Is Normal

There is a way of establishing normality where something less than this characteristic seems to exist. It's to understand, through Christian Science, that whatever is good, healthy, is normal. Whatever is not normal is not real.

Christian Science shows that goodness, spirituality, and dominion are normal and we can demonstrate these from day to day by grasping this. Whatever is normal has behind it the authority and the eternality of divine Principle. It is natural for us to be tending toward divine Principle, God, and the symmetry, poise, abundance that echo Principle. Everyone comes to recognize this, even though that recognition may seem to take much spiritual growth. Mary Baker Eddy refers to "man's normal drift towards the one Mind" in *Science and Health with Key to the Scriptures*: "When we realize that there is one Mind, the divine law of loving our neighbor as ourselves is unfolded; whereas a belief in many ruling minds hinders man's normal drift towards the one Mind, one God, and leads human thought into opposite channels where selfishness reigns."¹

Free and concordant action is perfectly normal, and because it is, we can prove this when our bodies or businesses seem to be malfunctioning. To demonstrate normal action—action that is absolutely good and true—we must consistently judge things in the right way. This in itself is a natural thing to do. Assessing things in the right way means negating arguments of the abnormal or the subnormal on the basis of Principle's ideal government of all being. The actions and events mortal sense sees are frequently distorted, un-

natural, discordant, and hence abnormal. Mrs. Eddy explains: "The realities of being, its normal action, and the origin of all things are unseen to mortal sense; whereas the unreal and imitative movements of mortal belief, which would reverse the immortal modus and action, are styled the real. Whoever contradicts this mortal mind supposition of reality is called a deceiver, or is said to be deceived." ²

Because spiritual creation is natural and normal and omnipresent, it's not something we have to engineer or concoct but simply to identify. Decline and decay are not normal for Principle's idea, and they can be resisted on this ground. And should be, for it is normal to so resist and less than normal to let ourselves believe we're drifting away from the one Mind—drifting into being helpless victims of the debilitations of material sense.

In recognizing Spirit's perfect creation we are not doing something odd, despite our rejection of popular belief and merely material reasoning, but we are being carried forward and buoyantly supported by the currents of reality. Science, then, understood and authentically lived, leads us to become not bizarre or quite eccentric people but better adjusted and integrated ones. It leads us to understand how perfectly we, and all, fit into divine Life's universal scheme of things. Naturalness and poise are closer to the real nature of man as Principle's steady idea than disorientation with others and painful shyness.

It's natural to pursue the truth of being, because the reality is that our genuine selfhood is the expression of the Supreme Being, God. To be indifferent to metaphysical and spiritual issues is less than normal. Such an attitude would deny the omnipresence and the onliness of Life, or God. To admit the normality and presence of spiritual being is eminently sane—it is to be more intelligent, not less; more alive and vital, not less; more practical, not less.

Because man's perfection is natural and normal—as Christ Jesus' life and works illustrate it to be—we shouldn't make a heavy labor of demonstrating this. It is much easier to be what we actually are—Principle's complete reflection—than to be a restricted and distorted mortal, since this is never our actual selfhood. It is much more normal to be our spiritual self than to believe we're what

we could not possibly be—a physical entity somehow outside of infinite Life.

We can and should feel generally well because, in Science, we are Life's healthy idea. We can nullify the abnormality of suffering and disease. "Mentally insist that harmony is the fact," Mrs. Eddy instructs, "and that sickness is a temporal dream. Realize the presence of health and the fact of harmonious being, until the body corresponds with the normal conditions of health and harmony."³ To carry out this instruction is natural and normal. It has behind it the great authority of divine Principle.

It was quite normal for the children of Israel to leave their enslavement to the Egyptians. As it's narrated in the Bible, God told Moses to say to Pharaoh, "Thus saith the Lord, Let my people go, that they may serve me."⁴ It is man's natural and normal condition to be free of all belief in life and being in matter. Because it is, we can demonstrate this truth in increasing freedom, as the Israelites did. We can prove there is nothing abnormal or sub-normal in Principle, in the consciousness of Principle, in the idea of Principle. What could be more normal than that our lives evidence this to a greater and greater extent?

GEOFFREY J. BARRATT

¹ *Science and Health*, p. 205; ² *ibid.*, pp. 212–213; ³ *ibid.*, p. 412; ⁴ Ex. 8:1.

Man Is Never Alone

Christ Jesus said, "The Father hath not left me alone; for I do always those things that please him."¹ No one needs to feel lonely or alone. No one needs to feel he has to bear the burdens of the world all by himself. God, divine Love, has never left any of His sons and daughters to face life in loneliness.

The recognition that God is always and everywhere with us can dissolve any sense of our being alone. And it can do more. It can bring to us whatever support, whatever help, whatever human companionship we need in whatever form will best meet our need humanly and spiritually.

The prophet Elijah once felt he was alone and that even his own countrymen were out to kill him. But his spiritual sense of God's presence reasserted itself; he became aware of the divine assurance that there were still thousands in Israel who weren't idolaters. Each one of us can have the same support Elijah did, whether we need only one friend or a thousand or just a keener sense of God being with us. "The Christian Scientist," Mrs. Eddy writes, "is alone with his own being and with the reality of things."² What more complete companionship could we need than "the reality of things"?

Jesus said God had not left him alone because he always did what pleased God. To have this experience that Jesus and Elijah had, we must consider who we are aiming to please. "Please yourself" is usually said with a touch of irony. It suggests the speaker doesn't approve of the action intended and expects no good to come of it. Pleasing oneself is seldom regarded as a sound guide to conduct. The one who lives to please himself usually ends by finding himself very lonely.

Aiming to please other people may be preferable, but in this line of conduct, too, there are pitfalls. The Bible is severe on what it calls "menpleasers." As we aim first to please God, we are apt to find ourselves received as a welcome companion, a better colleague, a more effective employee. The one who pleases God is never left alone by God and rarely for long by his fellowmen.

Jesus didn't only try to do the things that pleased God; he actually did them. He didn't do the things that pleased God only occasionally or even often; he did them always. Does it seem too rigorous a demand on us that we should always do the things that please God? That we should not only try to do them but do them? And not only sometimes or even often, but always?

"Forget it," we may be tempted to think at this point, "it's impossible." This could be our natural response so long as we believe ourselves to be no more than physical mortals, the descendants of Adam or Peking man or Olduvai man. It is in the allegory of Adam that the suggestion of man being alone first appears. Then Adam has to be put to sleep while a companion is produced from his ribs, and the pair of them are soon in trouble.

We need to understand that any story of a material ancestry is

false because we are the offspring and likeness of infinite divine Spirit. Then the demand always to please God takes on a different aspect. Does our likeness in a mirror ever fail to reflect us and our movements down to the last detail? Such failure would indeed astonish us. Can man, the likeness of God, ever fail to reflect God's perfect goodness and action in any detail? When in Christian Science we see ourselves as God's likeness and reflection, it would be surprising if we thought we could ever do less than express Him and please Him.

A very early Bible figure recorded to have pleased God is the patriarch Enoch. He appears to have so clearly understood and expressed his divine source that he "walked with God," the Bible says, "and he was not; for God took him."³ Central to walking with God, central to pleasing God, is the recognition of man's eternal and deathless relationship with God. The more completely each of us has this recognition, the more fully we find ourselves pleasing God, companioning with Him in obedience to His will and commandments, and drawing to us whatever human companionship or support we need.

In spiritual reality it is man's nature, it is our real nature, to reflect God in everything, to please Him in everything always. As Mrs. Eddy writes in *Science and Health*: "Deity was satisfied with His work. How could He be otherwise, since the spiritual creation was the outgrowth, the emanation, of His infinite self-containment and immortal wisdom?"⁴

God is satisfied with His creation. He loves and delights in every one of His ideas, every one of His sons and daughters; He could never leave any single one of them comfortless or lonely. As we increasingly understand and live our true nature, we please Him always and are never left alone.

PETER J. HENNIKER-HEATON

¹ John 8:29; ² *Message to The Mother Church for 1901*, p. 20; ³ Gen. 5:24; ⁴ *Science and Health*, p. 519.

[Healing experiences in *Sentinel* articles for children as well as adults are carefully verified.]

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Testimonies of Christian Science Healing

In August 1915, I purchased my first copy of *Science and Health with Key to the Scriptures* by Mary Baker Eddy. I had heard Christian Science could heal like Jesus did, and I thought I would find out by reading the book. My study began while I was a teen-ager, and I am grateful that my parents did not object to this study but were helped by it. To this day I am still studying and seeking the truth to be a good student of Christian Science.

My first healing was of an ankle I had injured while playing with schoolchildren. I was their young teacher, living on a home-stead thirty-five miles from town. We had no telephone. Before retiring I filled my thought with good by reading a much-used copy of a Christian Science lecture. I also read healings found in *Science and Health* in the chapter on Fruitage. Sometime in the night I heard a crack of the anklebone, and in the morning all pain and swelling were gone.

In my early years as a student of Christian Science I had another healing, that of tonsillitis, solely by studying *Science and Health*. This healing, too, has proved to be permanent.

After we were married for over twenty years, my husband, who had been in good health, suffered from skin poisoning while employed in an aircraft plant. Several doctors he consulted found no cure. Then, after some time, he discarded all medication and turned to a Christian Science practitioner for help through prayer. The help was given with the request that he study daily the Lesson-

The statements made in these testimonies with regard to healings have been carefully verified. The original testimonies and their respective verifications are on file for reference with The Christian Science Publishing Society.—THE EDITORS.

Sermon in the *Christian Science Quarterly*. He agreed and studied the lesson every day thereafter. The final clearing up of the condition took several years, but when it came it was complete and permanent.

My husband was healed of the smoking habit, and then he joined The Mother Church and a branch Church of Christ, Scientist. We both enjoyed serving for many years with joy and gratitude, as we put God and church first in our lives. Highlights were class instruction and attending the annual association meeting; also attending the Annual Meeting of The Mother Church in Boston.

Later my husband was completely healed of the effects of an apparent stroke that had occurred at work. A Christian Science practitioner prayed for him and I read to him passages from the Bible and *Science and Health*. The most helpful statement was this one by Mrs. Eddy (p. 283): "Mind is the source of all movement, and there is no inertia to retard or check its perpetual and harmonious action." In two days he had regained the use of his left side. He returned to his job, to the surprise of his fellow workers, and that Wednesday evening he served as an usher at the testimony meeting in our branch church. We never ceased to be grateful for this remarkable recovery.

Over the years I myself have had many healings with the loving help of practitioners and visiting nurses, as well as kind attention by fellow church members. These healings have included fainting spells, a heart condition, chest and abdominal pains, colds, headaches, nausea, and broken bones.

At present I live alone and rely entirely on God for my every need. My comfortable upstairs apartment is conveniently located, and I have established a home in different places many times before. My relatives marvel at this, but I know through demonstration the truth of Mrs. Eddy's words (*Miscellaneous Writings*, p. 151), "God is our Father and our Mother, our Minister and the great Physician: He is man's only real relative on earth and in heaven."

In serving our Cause I have had the sacred opportunity of being First Reader, clerk, member of the executive board, and Sunday School teacher, and have served on nearly every committee.

I am grateful to God every day for all benefits and healings received, and for Mrs. Eddy for helping us understand that Christ Jesus is our Way-shower and Exemplar.

(Mrs.) ANNABELLE MORRISON
La Mesa, California



Since coming into the study of Christian Science I have had little need for physical healing. A confident sense of the allness of God, good, together with the perfection of man as God's image and likeness, invariably met my need. Occasional pains and aches were healed very quickly. But one day I had a very severe cough.

After three weeks with no results from my own prayerful study, I asked for treatment by a Christian Science practitioner. In spite of our daily contact, which was helping to spiritualize my thought, there was no change in the physical condition. I could not lie down, and slept with my head on my arms on a table.

One day the practitioner called my attention to the subject of mental anatomy as explained in this passage in *Science and Health* by Mrs. Eddy (p. 462): "Anatomy, when conceived of spiritually, is mental self-knowledge, and consists in the dissection of thoughts to discover their quality, quantity, and origin."

But I wasn't ready for this. In fact, I resented it, for what I wanted right then was physical relief. I even dismissed the practitioner and engaged one I thought would be more *loving*, as I then interpreted that word.

However, when still no physical change came, I found the humility necessary to be willing to consider the passage about mental anatomy. The sentences that follow it I found illuminating. They read: "Are thoughts divine or human? That is the important question. This branch of study is indispensable to the excision of error."

I saw that it had been love in the first place that had directed me to this study, and I took it up humbly and gratefully.

The marvelous thing about this period of study was that instead of depressing me with self-condemnation as I had thought it would, it lifted the cloud of personal self-absorption. A degree of self-love

and self-righteousness fell away. The light of spiritual purity and perfection flooded thought with unselfed love.

The cough was gone. Health and well-being were restored. But most importantly, this clearer sense of spiritual being came to stay and to grow into ever-greater freedom from limiting beliefs of all kinds.

I learned that in Christian Science we are not primarily seeking physical healing of the body but regeneration and spiritualization of thought. I glimpsed the truth that health is a quality of Mind, not matter—a wholeness to be lived with love, humility, and gratitude.

And I find Mrs. Eddy leading the way at every point of progress, knowing the need and supplying it from her own inspiring experience. For this my gratitude knows no bounds.

(Mrs.) KATHERYN McCORD WATT
Chicago, Illinois



[Original in German]

With joy and great gratitude, I should like to give this testimony of a healing in Christian Science that took place over thirty-five years ago.

After a nervous collapse, I continued for seven years to seek liberation from the illness. I had lost faith in the doctors, and I threw the medicine away because I saw that it couldn't help me. I had been told that I would not be able to work again at my job in the business world. I suffered a great deal from headaches, which were often severe. I lived at home with my parents. When my father died, I had to support myself and to resume my business activities. However, illnesses also again presented themselves. I was desperate. My attention was then called to this healing religion, and I looked up a Christian Science practitioner. I still clearly remember his showing to me in a loving, fatherly way, after I had poured out my heart, that my need was to begin to get rid of wrong and negative thoughts. He compared it to clearing out a room full of useless rubbish.

TESTIMONIES OF CHRISTIAN SCIENCE HEALING

I had had a Christian upbringing, and when I was sick I often did some reading in the New Testament. I looked for God. I thought I didn't want Christ Jesus as a mediator, as he was said to be; I only wanted to go direct to God. All my life I had sought the meaning of existence. Doubts had taken hold of me, and because I was ill so much of the time, life didn't make any sense to me.

Now I took up the study of Christian Science, and with the support of the practitioner a new world of faith and understanding opened to me. I recognized that it is essential to understand the Christ as demonstrated by Jesus, that Christ Jesus explained God to us, and without the Christ we cannot come to God. Thus I found "the peace of God, which passeth all understanding," spoken of in the Bible (Phil. 4:7). Even though it was some time before I had overcome all the illnesses, I regained my health, and am completely well again through total reliance upon God. I now lead an active life. I have also been able to put aside faults of character, for which I am very grateful.

When I married a few years later, I experienced the proofs of this wonderful religion in a most convincing way. It has given me a steadfastness of faith which has developed into spiritual understanding.

We have had many healings in our family. I can no longer imagine a life without Christian Science, and I joyously and gratefully continue to seek higher realizations and practical demonstrations in Truth. I am grateful to work in the vineyard of the Lord.

My greatest wish is to see the fulfillment of these closing words of the "Daily Prayer" from the *Manual of The Mother Church* by Mrs. Eddy (Art. VIII, Sect. 4): "And may Thy Word enrich the affections of all mankind, and govern them!"

I am grateful for class instruction, the association meetings, and all the activities of The Mother Church. I am also thankful for Mrs. Eddy, who revealed to us the power of the Christ, Truth, which heals and saves us from all the ills of the flesh. Ceaseless thanks be to our Father-Mother God in word and deed for the revelation of His glory in Christian Science.

(Mrs.) JOHANNA ARNOLD
Bad Homburg, Federal Republic of Germany

Years ago I was confronted with a situation as to whether I could afford the renewal of my annual subscriptions to the Christian Science periodicals. In this I was led to one of the finest decisions of my life.

For over twenty-five years I have always been able to renew my subscriptions. Recently, when I retired from business and my income was reduced, the old question of whether I could afford to subscribe to all the periodicals came up again. But the blessings accruing from the stand I had taken twenty-five years earlier were too fresh in my memory for me to entertain any doubt. Thus the decision to renew all subscriptions was an easy one.

On an occasion when I wanted to meet my financial obligation to my church, I prayed about it but saw no results. Then I said to myself, "Why do you ask God to provide that which has already been provided? You have money in the bank. Use it and meet your obligation to your church." I spared no effort in carrying this out. My obedience was soon rewarded. A check came to me unexpectedly from my former union, and it was sufficient to cover the subscription renewals for five years.

At one time my former employer concluded that much of the production spoilage in his plant was directly traceable to poor vision, so he brought in an optometrist to prescribe eyeglasses for all employees doing precision work. On examining my eyes, the optometrist observed, "You have very good vision for your age, but I must provide glasses for you anyway. Your employer demands it."

After using the glasses awhile, I found myself utilizing them to read the newspaper on my lunch hour. It was not long before I felt I needed glasses to read the Lesson-Sermon each morning. This continued for over fifteen years.

At a Wednesday evening meeting, a fellow member of my branch church gave a testimony in which he stated that he had decided he would no longer allow mortal mind to shut out the light from the Bible, and from *Science and Health* by Mrs. Eddy, when he read the lesson. As a result of this firm decision and his prayers to see that sight cannot be distorted in God's likeness, he was liberated from dependency on eyeglasses.

I considered the testimony something of a challenge, so I embarked on a mission of liberation of my own, although at first I

got nowhere. Each morning as I sat down to study the lesson, I put the glasses out of reach. That way, if I had to resort to them—and there were many times—I would have to exert some effort.

My constant companions on this journey to freedom were passages from the Bible and *Science and Health*. The words of Isaiah (32:3) "And the eyes of them that see shall not be dim, and the ears of them that hear shall hearken" were comforting. Also reassuring was this statement (*Science and Health*, p. 407): "No faculty of Mind is lost."

Days, weeks, even months went by with no apparent progress. I pursued my mission with undisturbed persistence. My eyes began to hurt when I used the glasses. Then one morning I found I could read a portion of the lesson without glasses. Each day following there was improvement, until I could read the lesson completely without them. The mission was accomplished, the eyeglasses put aside.

For over three years now I have been reading both privately and publicly without any visual aid. I have found myself reading the smallest print with considerable ease. As an added blessing, a fellow member of my church, who had been inspired by my healing, testified during a Wednesday evening meeting that he too had joyously overcome the need to wear glasses.

Mrs. Eddy writes (*ibid.*, p. 428), "We must realize the ability of mental might to offset human misconceptions and to replace them with the life which is spiritual, not material."

T. O'DELL HATCHETT
Bronx, New York



Two summers ago, on our trip to Italy, Greece, and Yugoslavia, I had a healing in Christian Science after a rather strange happening. One night we were camping right near the Adriatic Sea. We went swimming after sight-seeing. I was coming in from swimming and I stepped on something. My first thought was that it was just a bunch of sharp shells. When my parents finally came down to the beach, I had started to accept the error and was saying how much it hurt. My parents talked to the lifeguard, and he named

all the possible things it could have been and said I was probably slashed by a fish called a skate, in which case the foot would swell and be very painful.

We went back to the tent, and my mother and father and I immediately started to know the truth. We said the Lord's Prayer, going over each word and what it meant. One line that meant a lot at the time says (Matt. 6:10), "Thy kingdom come." Mrs. Eddy's spiritual interpretation is, "*Thy kingdom is come; Thou art ever-present*" (*Science and Health*, p. 16). We read parts of the Bible and *Science and Health* and also articles from the *Sentinel*. I was no longer in pain.

In two days I was completely healed. This healing and others I have had make me grateful for an understanding of Christian Science.

(Miss) HOLLY HARRIS
Baltimore, Maryland



I first heard of Christian Science over seventy years ago from a neighbor, who sat in the shade of a large tree in his yard and read for hours from a small black book. He was a fine elderly gentleman and everyone liked him. I was a very small child, and he and I were friends. He used to lift me over the fence that divided our yards and I would play in the shade. Sometimes he would read to me. While I would sit quietly and listen because he wanted me to, I was too young to understand what he read.

One day I climbed up into the tree; but as I started down I slipped, skinning both knees on the rough bark. When my neighbor saw what had happened, he picked me up and said, "Let's see what Mrs. Eddy has to say about this." He read out loud to me, and although I did not understand what he read, I felt that God did not want me to be hurt. And soon I was playing again. We moved away when I was of school age and I never saw my friend again, but that early contact blessed my life.

When I grew older, I investigated Christian Science and found that the book my friend read so religiously was *Science and Health* by Mrs. Eddy. I borrowed a copy from the public library and

read it through several times. I was young and in good health, so was not so deeply interested in the healing benefits; but I found the book was a beautiful companion to the Bible and contained much that could be used as a daily guide to a happier, more harmonious life.

I learned there were Christian Science practitioners one could call for prayerful help when ill or discouraged. I accompanied a friend, who was a semi-invalid, on a visit to a practitioner and witnessed her remarkable recovery. Soon this friend, who had been ill for over twenty years, was walking everywhere, in good health. This healing made such an impression on me that every time I saw someone who was ill or discouraged I would recommend they try Christian Science.

After I was married, I joined The Mother Church and a branch Church of Christ, Scientist, where I taught in the Sunday School for years and served on other church committees, including the Reading Room.

Several years ago my husband suggested I get some glasses, as I was using my eyes so much for reading and sewing. I was fitted with glasses and used them only when the light was poor or the print small. One day I realized I had not used my glasses for quite a while. I put them on and discovered I could read better without them.

I have never experienced toothache and have retained all my teeth. Mrs. Eddy tells us that Christian Science is prophylactic as well as therapeutic (*Science and Health*, p. 369): "The prophylactic and therapeutic (that is, the preventive and curative) arts belong emphatically to Christian Science, as would be readily seen, if psychology, or the Science of Spirit, God, was understood." I have proved this statement to be true many times.

For over forty years I have experienced almost perfect health and harmony, and I am humbly grateful for all of my blessings.

(Mrs.) LOLA M. JACKSON
Santa Cruz, California

Words of Current Interest

Related to the Lesson-Sermon
for May 30, 1976, in the
CHRISTIAN SCIENCE QUARTERLY
Subject: Ancient and Modern
Necromancy, *alias* Mesmerism
and Hypnotism, Denounced

The simplicity that is in Christ (II Cor. 11:3)

The New English Bible reads, "your single-hearted devotion to Christ." In this verse the Greek word *haplotetos*, connoting sincerity and singleness, stands in contrast to *panourgia*, literally, "readiness to do anything," which is the term translated "subtily" and ascribed to the serpent.

Put on the whole armour of God (Eph. 6:11)

The sense of this exhortation is ably expressed by *The New English Bible*, "Put on all the armour which God provides."

The shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked (Eph. 6:16)

A practice of ancient warfare is reflected here: a soldier would

protect himself behind a non-flammable shield from arrows dipped in oil and set ablaze before being released. Such missiles often fell in treacherous showers from walls of cities under siege.

Unto the land of the Canaanites, and the Hittites, and the Amorites, and the Perizzites, and the Hivites, and the Jebusites (Ex. 3:17)

In this context the list is best regarded as a chronicle of various subdivisions of Canaanites, the most general term for Semitic people who occupied Palestine west of the Jordan River before Israel's conquest. The Hittites are the exception, a non-Semitic people primarily from Anatolia, some of whom had settled in Palestine and become thoroughly at home there.

Abominations of his eyes . . . idols of Egypt (Ezek. 20:7)

Both phrases probably refer to polytheistic religion, which had been practiced before the eyes of the Hebrews in Egypt and was being practiced in Babylon during Ezekiel's lifetime.

I beheld Satan as lightning fall from heaven (Luke 10:18)

The emphatic position of the Greek word for "fall" (the participle *pesonta*) at the end of the sentence underscores the main point of the illustration. Satan's defeat is as visible, obvious, and irreversible as the descent of lightning from heaven.

The Lesson-Sermons contain Bible references (King James Version) and correlative passages from "Science and Health with Key to the Scriptures" by Mary Baker Eddy.

Christian Science Lectures



Everyone is cordially invited to these free lectures.

‡ Indicates Children's Room available during lectures. Details should be obtained locally.

ENGLAND

KENT—Tunbridge Wells: Church, Linden Park Rd., 3 p.m., Sat., June 19.‡ "The Power of God" (Rivas)

LANCASHIRE—Preston: Charter Theatre, Guild Hall Arcade, 3 p.m., Sun., June 13.‡ "Are You Looking in the Right Direction?" (Rivas)

MERSEYSIDE—Crosby: Central Hall, Crosby Rd. North, 8 p.m., Mon., June 14. "Are You Looking in the Right Direction?" (Rivas)

NORTHERN IRELAND

COUNTY DOWN—Bangor: Hamilton House, Hamilton Rd., 8 p.m., Tues., June 15. "The Power of God" (Rivas)

REPUBLIC OF IRELAND

COUNTY CORK—Cork: Hotel Metropole, MacCurtain St., 8 p.m., Thurs., June 17. "The Power of God" (Rivas)

MEXICO

Mexico City: Church, Calle Dante 21, 7 p.m., Thurs., May 20.‡ In Spanish. In English 8.30 p.m. "The Healing Method of Christian Science" (Spencer)

UNITED STATES AND CANADA

(Week of May 30 to June 5)

CANADA

QUEBEC—Pointe Claire (First, Beaconsfield): John Rennie High School, 8.30 p.m., Thurs., June 3. "Is Anybody at Home?" (Houston)

UNITED STATES

CONNECTICUT—Danbury: Church, 145 Deer Hill Ave., 8.15 p.m., Thurs., June 3.‡ "Deathless Life" (Curtis)

New Milford: John Pettibone School, Rte. 7 and Pickett District Rd., 3 p.m., Sat., June 5.‡ "Ageless Youth" (Driver)

DISTRICT OF COLUMBIA—Washington (Sixth): Uptown Theatre, 3426 Connecticut Ave., N.W., 11 a.m., Mon., May 31. "Dare to Care" (Houston)

ILLINOIS—Aurora: Church, 522 Garfield Ave., 8 p.m., Mon., May 31.‡ "Safe in God's Care" (Williams)

Glenview: Church, 1333 Glenview Rd., 8 p.m., Fri., June 4.‡ "What Does It Mean to Be Saved?" (Pike)

Maywood: Church, 500 S. Second Ave., 7.30 p.m., Tues., June 1.‡ "Let There Be Light" (Williams)

Peru: Church, 703 Grant St., 3 p.m., Sun., May 30.‡ "Safe in God's Care" (Williams)

LOUISIANA—Gretna: Holiday Inn, 100 Expy., 3 p.m., Sun., May 30.‡ "Accept Only the True" (Heafer)

MAINE—Auburn-Lewiston: Church, 79 Lake St., Auburn, 8 p.m., Thurs., June 3.‡ "What Are Our Values?" (Gladhorn)

MARYLAND—Bowie: See local notice for place. 8 p.m., Fri., June 4. "Finding God's Direction" (Holmes)

MASSACHUSETTS—Braintree: Church, 250 Washington St., 3 p.m., Sun., May 30.‡ "Ageless Youth" (Driver)

Chelsea: Church, 18 Cary Ave., 8 p.m., Fri., June 4. "Ageless Youth" (Driver)

Framingham: Dennison Hall, 214 Concord St., 8 p.m., Tues., June 1.‡ "Ageless Youth" (Driver)

Great Barrington: Masonic Temple, Main St., 8 p.m., Thurs., June 3. "How Secure Are You?" (Wavro)

MASSACHUSETTS (continued)

Greenfield: Church, 463 Main St., 8 p.m., Tues., June 1.‡ "The Way of Abundant Life" (Wavro)

Harwich Port: Pilgrim Congregational Church Parish House, Main St., 8 p.m., Fri., June 4. "The Human and the Divine Economy" (White)

Hyde Park (Third, Boston): Church, 126 Arlington St., 3 p.m., Sun., May 30.‡ "Your Right to Be Right" (Pickett)

Ipswich: Ipswich Junior High, Green St., 8 p.m., Fri., June 4.‡ "Individualizing God's Power" (Pickett)

Lynn-Swampscott: Church, 153 Lynn Shore Dr., Lynn, 3.30 p.m., Sun., May 30.‡ "Deathless Life" (Curtis)

Melrose: Church, 84 Green St., 8 p.m., Sat., June 5.‡ "How Secure Are You?" (Wavro)

Norwood: Church, Washington and Walpole Sts., 8 p.m., Thurs., June 3.‡ "Ageless Youth" (Driver)

Quincy: Church, 20 Greenleaf St., 8 p.m., Tues., June 1.‡ "Deathless Life" (Curtis)

Rockport: Rockport Art Association, 12 Main St., 8 p.m., Tues., June 1.‡ "What Are Our Values?" (Gladhorn)

MICHIGAN—Battle Creek: W. K. Kellogg Auditorium, 90 W. Van Buren, 8 p.m., Thurs., June 3.‡ "Christian Science: Its Healing Practice" (Kenyon)

Detroit (First): Church, 4844 Cass Ave., 8 p.m., Fri., June 4.‡ "Christian Science: Its Healing Practice" (Kenyon)

St. Clair Shores: South Lake High School, 21900 Nine Mile Rd., 11 a.m., Sat., June 5.‡ "Where Do We Look for Guidance?" (Kenyon)

MINNESOTA—Brainerd: High School, Cafeteria, 702 S. Fifth St., 8 p.m., Fri., June 4.‡ "The Evidence: True or False?" (Tyc)

MISSOURI—Farmington: Church, 214 W. Karsch Blvd., 3 p.m., Sun., May 30.‡ "Where in the World Is God?" (McClain)

NEW HAMPSHIRE—Derry: Church, 1 Boyd Rd., 8 p.m., Thurs., June 3.‡ "Your Right to Be Right" (Pickett)

NEW JERSEY—Berkeley Heights (joint lecture): Regional High School, 175 Watchung Blvd., 8.30 p.m., Tues., June 1.‡ "Liberation Through Christ" (Anwandter)

Montclair: Church, 8 Hillside Ave., 8.30 p.m., Tues., June 1.‡ "From Hell to Heaven" (Rogers)

Ocean City: Music Pier, Moorlyn Ter. and Boardwalk, 3 p.m., Sun., May 30.‡ "From Hell to Heaven" (Rogers)

Rutherford: Church, Pierrepont and Lincoln Aves., 8 p.m., Sat., June 5.‡ "Dare to Care" (Houston)

Toms River: Fine Arts Theater, Ocean County College, Hooper Ave., 8.15 p.m., Thurs., June 3.‡ "The Human and the Divine Economy" (White)

NEW YORK—Albany-Colonie: Albany-Colonie Rm., Rte. 5 and Wolfe Rd., 8 p.m., Sat., June 5.‡ "God Is Where You Are" (Girardin)

Bronx (Sixteenth, New York): Church, 3170 Third Ave. and E. 161st St. and St. Anns, East Bronx, 3 p.m., Sat., June 5.‡ "A Lesson from a Bridge" (Tuttle)

Dobbs Ferry: Church, 523 Broadway, 8.15 p.m., Mon., May 31.‡ "From Hell to Heaven" (Rogers)

East Williston: Church, 60 E. Williston Ave. and Roslyn Rd., 8.30 p.m., Mon., May 31.‡ "Liberation Through Christ" (Anwandter)

Geneva: Methodist Church, 340 Main St., 8.15 p.m., Tues., June 1. "God Is Where You Are" (Girardin)

Hempstead: Church, Fulton and Hilton Aves., 8 p.m., Thurs., June 3.‡ "Become What You Are!" (Rogers)

Jamaica (L.I.): Church, 89-12 164th St., 7.30 p.m., Tues., June 1.‡ "Let My People Go" (White)

New York (Third): Church, Park Ave. and 63d St., 8 p.m., Fri., June 4.‡ "Become What You Are!" (Rogers)

New York (Seventh): Church, 520 W. 112th St., nr. Broadway, 12 m., Sat., June 5.‡ "Justice Under God's Care" (Henderson)

Nyack: Church, 101 S. Broadway, 3.30 p.m., Sun., May 30.‡ "What Are Our Values?" (Gladhorn)

CHRISTIAN SCIENCE LECTURES

NEW YORK (continued)

Oneida: St. Pauls United Methodist Church, 551 Sayles St., 8 p.m., Thurs., June 3.‡ "God Is Where You Are" (Girardin)

Perry: Church, 181 S. Main St. (Rte. 39), 8.15 p.m., Thurs., June 3.‡ "A Lesson from a Bridge" (Tuttle)

Pleasantville: Church, 219 Bedford Rd., 8.30 p.m., Fri., June 4.‡ "A Lesson from a Bridge" (Tuttle)

Staten Island (First): Church, 871 Castleton Ave., 4 p.m., Sat., June 5.‡ "Become What You Are!" (Rogers)

OHIO—Cleveland (First): Old Stone Church, Public Sq., 12 m., Tues., June 1. "The Liberating Protests of Truth" (Kenyon)

Fremont: Ramada Inn, Rte. 53, 8 p.m., Fri., June 4.‡ "You're a Freeman!" (Linnig)

Galion: Church, Walnut and Boston Sts., 3 p.m., Sun., May 30.‡ "Christian Science: Its Healing Practice" (Kenyon)

PENNSYLVANIA—Washington: Church, 600 Allison Ave., 2 p.m., Sat., June 5.‡ "Why Spiritual Healing?" (McClain)

TEXAS—New Braunfels: Civic Center, 390 S. Seguin St., 8 p.m., Tues., June 1.‡ "The Complete Man and Woman" (Heafer)

WISCONSIN—Milwaukee (Third): Church, 2915 N. Sherman Blvd., 8 p.m., Thurs., June 3.‡ "What Does It Mean to Be Saved?" (Pike)

[These lectures are given by members of the Board of Lectureship of The Mother Church, The First Church of Christ, Scientist, in Boston, Massachusetts, U. S. A.]

TESTIMONY MEETINGS

Meetings at which testimonies of Christian Science healing are given are held in Christian Science churches on Wednesdays. A cordial invitation to attend these meetings, as well as the Sunday services, is extended to all. Information telling where and when these are held is given in the Directory in *The Christian Science Journal*.

A CONTINUING INVITATION

Members of The Mother Church are invited to write articles and poems for the periodicals. Convincing testimonies of healing are also welcomed from members, as well as from those who have not yet joined The Mother Church.

Specific guidelines may be obtained by writing The Christian Science Publishing Society, Journal, Sentinel, and Herald Editorial Department, One Norway Street, Boston, MA, U.S.A. 02115. Manuscripts should be sent to the same address.

All contributions accepted for publication become the sole property of The Christian Science Publishing Society.

THE CHRISTIAN SCIENCE TEXTBOOK

Science and Health with Key to the Scriptures by Mary Baker Eddy is the textbook of Christian Science. It is available in English, in English-Braille, and in Danish, Dutch, French, German, Greek, Indonesian, Italian, Norwegian, Polish, Portuguese, Russian, Spanish, and Swedish. It may be obtained from any Christian Science Reading Room, or ordered directly from MISS FRANCES C. CARLSON, Publisher's Agent, One Norway Street, Boston, MA, U.S.A. 02115.

THE CHRISTIAN SCIENCE PERIODICALS

The following periodicals were founded by Mary Baker Eddy, the Discoverer and Founder of Christian Science, and are published by The Christian Science Publishing Society, One Norway Street, Boston, MA, U.S.A. 02115:

THE CHRISTIAN SCIENCE JOURNAL: Monthly in English; \$12.00 a year, \$6.00 six months, \$1.00 a copy.

CHRISTIAN SCIENCE SENTINEL: Weekly in English; \$14.00 a year, \$7.00 six months, 35c a copy.

THE HERALD OF CHRISTIAN SCIENCE: Editions published monthly: French, German, Portuguese, Spanish. Each edition \$6.00 a year, 60c a copy. Editions published quarterly: Danish, Dutch, Greek, Indonesian, Italian, Japanese, Norwegian, Swedish. Each edition \$2.00 a year, 50c a copy. English-Braille, Grade Two, published quarterly, \$1.00 a year, 25c a copy.

CHRISTIAN SCIENCE QUARTERLY (Bible Lessons): Quarterly in English, Danish, Dutch, French, German, Greek, Indonesian (available only in Indonesia), Italian, Norwegian, Polish, Portuguese, Spanish, Swedish. Each edition \$2.50 a year, 75c a copy. *Readers' size*, \$3.00 a year, \$1.00 a copy; in *English-Braille*, Grade Two, with all citations from the Bible and *Science and Health* written out in full, \$2.50 a year (12 issues), 25c a copy.

THE CHRISTIAN SCIENCE MONITOR (regular daily editions): An international newspaper published daily, Monday through Friday, except legal holidays, in English; available to subscribers worldwide; \$40.00 a year, \$36.00 nine months, \$24.00 six months, \$12.00 three months, 25c a copy.

THE CHRISTIAN SCIENCE MONITOR (international weekly edition): An international newspaper published weekly in English; not available to persons living in the United States, Canada, or Mexico; \$37.50 eighteen months, \$25.00 a year, \$12.50 six months, 60c a copy.

You may subscribe for these periodicals directly from The Christian Science Publishing Society in Boston or obtain them from a Christian Science Reading Room in your community.

CHRISTIAN SCIENCE PRACTITIONERS

Public practitioners of Christian Science are available and ready to assist you by prayer, if you need their help. A worldwide list of those who are professionally engaged full time in this healing work can be found in *The Christian Science Journal*. This periodical is obtainable at any Christian Science Reading Room. For a Reading Room in your locality see telephone directory.

A REASON TO JOIN THE MOTHER CHURCH

The way opens for greater understanding as you acknowledge a deeper commitment to Christian Science. Belonging to The Mother Church helps you to feel this commitment.

You are warmly invited to apply for membership at any time. Applications are acted on twice each year—in June (applications due by May 1) and in November (applications due by October 1).

You may obtain an application from any Christian Science Reading Room, branch church or society, from a member of The Mother Church, or from a Christian Science practitioner listed in *The Christian Science Journal*. Or you may write directly to GEORGE W. LEDBETTER, Clerk, The First Church of Christ, Scientist, Christian Science Center, Boston, MA, U.S.A. 02115.

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VISITORS WELCOME

FORMER HOMES OF MARY BAKER EDDY

1908-1910 *Chestnut Hill, Massachusetts*—400 Beacon Street. An exhibit traces Mrs. Eddy's role as Founder and Leader of our movement—preaching, teaching, writing, and commenting on issues still current.

Visiting Hours

May 1-October 31: 10 to 5 weekdays (including Saturdays);
2 to 5 Sundays

November 1-April 30: 10 to 4 Saturdays only; 2 to 5 Sundays

Closed all holidays except Memorial Day (last Monday in May) and
Bunker Hill Day (June 17)

1875-1882 *Lynn, Massachusetts*—12 Broad Street, where 100 years ago Mrs. Eddy completed her manuscript for *Science and Health with Key to the Scriptures*. It was while living here that Mrs. Eddy initiated many foundational steps in establishing the Christian Science movement. These include the formation of the Christian Scientist Association; the Church of Christ, Scientist; the Massachusetts Metaphysical College. Here also Mrs. Eddy was ordained as Pastor of her church.

Visiting Hours

May 1-October 31: 10 to 5 weekdays (including Saturdays);
2 to 5 Sundays

November 1-April 30: 10 to 3 Saturdays only; 2 to 5 Sundays

Closed all holidays except Memorial Day (last Monday in May)
and Bunker Hill Day (June 17)

CHURCH SERVICES AND READING ROOMS

A directory of all Churches of Christ, Scientist, and Christian Science Societies, including the hours of their services and information about their Reading Rooms, appears monthly in *The Christian Science Journal*.

The Mother Church

The Mother Church, The First Church of Christ, Scientist, in Boston, Massachusetts, is located near the corner of Massachusetts and Huntington Avenues.

The Church edifice is open to visitors Mondays through Fridays from 10 a.m. until 5 p.m., and Saturdays and Sundays from 12 noon until 5 p.m.

SERVICES

Sunday morning at 10:45, Sunday evening at 7:30 (evening service omitted during July and August), and Wednesday evening testimony meeting at 7:30.

Sunday services in Spanish are held in the Original Edifice at 9:30 a.m., and a testimony meeting in Spanish the first Wednesday of each month at 6 p.m.

A supervised Children's Room is provided during all Sunday church services and the Wednesday evening testimony meetings.

Sunday School for pupils up to the age of twenty at 10:45.

READING ROOMS

101 Belvidere Street (north end of Church Colonnade, Christian Science Center). Open Mondays through Fridays from 7:15 a.m. to 7 p.m., also Wednesdays from 8:30 p.m. to 9:30 p.m., Saturdays and holidays from 10 a.m. to 5 p.m., Sundays from 12 noon to 7 p.m.

194 Massachusetts Avenue (corner of Clearway Street). Open Mondays through Fridays 7:15 a.m. to 9 p.m., Wednesdays until 7 p.m., Saturdays from 8 a.m. to 5 p.m. Closed Sundays and holidays.

541 Boylston Street (across from Copley Square). Open Mondays, Tuesdays, Thursdays, and Fridays from 8 a.m. to 7 p.m., Wednesdays from 8 a.m. to 6 p.m., Saturdays and holidays from 10 a.m. to 5 p.m. (closed Thanksgiving, Christmas, and New Year's Day), Sundays from 1 to 5 p.m.

8 Milk Street (near Washington Street). *Jointly maintained with branch churches in the Greater Boston area.* Open Mondays through Fridays from 8 a.m. to 4:15 p.m., Saturdays from 9 a.m. to 1 p.m. Closed Sundays and holidays.

INTERNATIONAL MONEY ORDERS AND DOLLAR DRAFTS

International money orders and dollar drafts reaching the Publishing Society in Boston contain only the name and address of the sender and the amount. To help us serve you better, will you please write to us at the time you purchase the money order or dollar draft and tell us what your remittance is for. This will enable us to avoid the delay caused by the necessity of writing to you. Dollar drafts purchased from your local bank can be processed more quickly than international money orders.

LECTURE NOTICE

Detailed information regarding lectures in the United States and Canada must reach the Journal, Sentinel, and Herald Editorial Department *nine weeks* before the week in which the lecture is to be given in order to ensure publication in the *Sentinel*. Information regarding lectures in other countries must reach the department *ten to fourteen weeks* before the week of the lecture. When lectures are to be radiocast, it should be so stated, station and frequency being included. When Children's Room facilities are to be available, this also should be stated.

The receipt of all information from the United States and Canada is acknowledged by the Editorial Department. If an acknowledgment is not received within two weeks, a duplicate notice should be forwarded.

For lecture announcements to be published in the *Herald*, please refer to information on the back of the Lecture Information forms supplied to branch churches.

YOU CAN HELP

When you renew your subscription for one or more of the periodicals, please return your renewal notice with your payment. When possible, return payment in the preaddressed envelope provided for that purpose. If you do not have your renewal notice and the preaddressed envelope, please send a brief note giving your name, address, and the names of periodicals you are renewing to: Circulation Department, The Christian Science Publishing Society, One Norway Street, Boston, MA, U.S.A. 02115.

It would also be helpful to send one of the current mailing labels from the periodicals you are renewing.

SUBMITTING TESTIMONIES

Convincing testimonies of healing in Christian Science are welcomed for publication from members of The Mother Church and from students who are not members. If possible, they should be typed, triple spaced, on one side of the paper only and with wide margins. A testimony should be concise and include only the important points necessary to tell of the healings. Thus more testimonies can be published. Testimonies should be signed by the testifier and verified by three members of The Mother Church who can vouch for the integrity of the testifier or have witnessed the healings. If the testifier is unacquainted with three members, his affidavit may be sufficient, but in this case he should, if possible, obtain verification from one or two members. The testifier should submit the verifications with the testimony. Complete addresses of the testifier and his vouchers should be furnished.

All contributions accepted for publication become the sole property of The Christian Science Publishing Society.

Testimonies should be addressed to The Christian Science Publishing Society, Journal, Sentinel, and Herald Editorial Department, One Norway Street, Boston, MA, U.S.A. 02115.

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Please note that changes in permanent mailing addresses for the membership records of The Mother Church are *not* covered by requests to the Circulation Department for subscription changes. For address changes in the Church files members should notify The First Church of Christ, Scientist, Clerk's Department, Christian Science Center, Boston, MA, U.S.A. 02115.

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The First Church of Christ, Scientist
Nurses Training, C13
Christian Science Center
Boston, MA, U.S.A. 02115

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Unity of Good, together with another book by Mrs. Eddy, *Rudimental Divine Science*, comes in paperback at \$1.50. A three-unit cassette of *Unity of Good* alone is \$18. Both are available at Christian Science Reading Rooms.

Or order directly from:

Miss Frances C. Carlson, Publisher's Agent

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